

FINGER/PACIFIER HABITS



Dentistry for Children & Adolescents

childrensdent.com

Successful Habit Stopping Tips

Prepare your child ahead of time by talking about the habit and ideas on how to stop. This makes them feel like they have a choice in the process.

- Sticker charts are a great way to reinforce positive behaviors.
- Start with eliminating day time use, followed by naps, and finally bedtime. (Begin by gently reminding your child that their habit is just for times of rest. If they don't want to stop, suggest that they sit with you until they are rested and ready to play without using the habit.)

Thumb/Digit Tips

- Mavala thumb polish
- Thumb/digit fabric gloves
- Thumb guard
- Drawing a face on the finger with a non-toxic marker at night time. If their finger pal is still there in the morning, award them with a sticker on their chart.

Pacifier Tips

- Cut off the tip of the pacifier
- Special send off for the pacifiers
- At Build a Bear Workshop, they will sew the pacifier in a bear for the child if requested.



PRODUCTS:

Mavala nail polish- available through Amazon, Walgreens, and Ulta Beauty

Tguard.com carries plastic finger covers that are not easily removed without parents help

Thumb/finger fabric covers can be purchased through Amazon and Etsy (type in thumb stop glove)